

July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day 1 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 2:00 Canada Day Trivia (SR) 6:30 Canada Day Celebration with Marcus Schwan (CY)	10:00 Physio Group Exercies (SR) 2 6:30 Pub Night with Zack (3WDR)	9:45 Meet & Greet 3 (CA) 10:00 Morning News (CA) 2:00 All Unit Bingo (2WDR) 3:30 Friendly Visits/1:1s (RTR)	2:00 Oh, Canada! 4 Tour (3WTV) 3:30 Hymn Sing (CA) 6:00 Things that Start with (SR)
2:00 Fancy Fingers 5 (RTR) 3:00 Walk & Talk (CY) 6:00 Montessori Activity (3WSR) 7:00 Friendly Visits/1:1s (RTR)	9:45 Mail Delivery 6 (RTR) 10:00 Physio Group Exercise (SR) 1:30 Bible Study (GR) 3:30 Inspirational Reading (3WTV)	World Chocolate Day 7 9:30 Open Gym-Restorative (Gym) 1:30 Restorative Mindful Motion: Balance (GR) 3:30 Music Therapy Group (3WDR) 3:30 DIY: Strawberry Sundae Day (GR)	9:45 Music Choir (GR) 8 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:00 Sing Along (CA) 6:30 Fascinating Facts (RTR)	10:00 Physio Group Exercies (SR) 9 1:30 Rosary Group (GR) 3:30 Balloon Bop (CA) 6:30 Group Crossword (SR)	9:30 Morning News (CA) 10 10:15 Chair Yoga (TV) 2:00 All Units Bingo (2WDR) 3:30 Virtual Reality Fun (3WSR)	11:00 Balloon Bop 11 (CA) 1:30 Dance Time (CA)
11:00 Name that Tune 12 (TV) 3:15 Healthy Hands (RTR)	9:45 Mail Delivery 13 (RTR) 10:00 Physio Group Exercise (SR) 10:00 Golden Gals: Self-Care Soirée (GR) 1:30 Bible Study (GR) 3:00 Sparkling Specs (RTR)	9:30 Open Gym-Restorative (Gym) 14 1:30 Restorative Mindful Motion: Active Games (GR) 3:30 Music Therapy Group (3WDR) 3:30 DIY: Memorial Cards (SR) 6:30 Walk & Talk (CY)	8:30 Fried Egg Breakfast (DR) 15 9:45 Music Choir (GR) 10:30 Catholic Mass (GR) 11:00 Catholic Communion Offering (1:1) 2:30 Cards and Games (SR)	10:00 Physio Group Exercies (SR) 16 2:30 Residents Council (GR)	9:45 Meet & Greet 17 (CA) 10:15 Active Games (3WSR) 2:00 All Unit Bingo (2WDR) 3:30 Friendly Visits/1:1s (RTR)	2:00 Group Trivia 18 (SR) 3:00 Armchair Travel (3WTV) 6:00 Things that Start with (SR)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Serenity Seated Tai Chi (3WTV) 6:00 Montessori Activity (3WSR) 7:00 Friendly Visits/1:1s (RTR)	9:45 Mail Delivery (RTR) 10:00 Physio Group Exercise (SR) 1:30 Bible Study (GR) 3:00 Fancy Fingers (RTR)	9:30 Open Gym- Restorative (Gym) 1:30 Restorative Mindful Motion: Walking (GR) 3:30 Music Therapy Group (3WDR) 3:30 DIY: Bell Windchime (SR)	9:45 Music Choir (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:00 Armchair Travel (3WTV) 6:00 Healthy Hands (RTR)	10:00 Physio Group Exercies (SR) 1:30 Rosary Group (GR) 3:00 Men's Group: WoodWorking (GR) 6:30 Summer Social & Mocktails Night (CY)	9:30 Meet & Greet (RTR) 10:00 Art with Olivia (3WSR) 2:00 All Units Bingo (2WDR) 3:30 Friendly Visits/1:1s (RTR)	Independent Leisure Program: Supplies Available in SunRoom
Independent Leisure Program: Supplies Available in SR	9:45 Mail Delivery (RTR) 10:00 Physio Group Exercise (SR) 1:30 Bible Study (GR) 3:30 Walk & Talk (OU)	9:30 Open Gym- Restorative (Gym) 1:30 Restorative Mindful Motion: Balance (GR) 3:30 DIY: Friendship bracelets (SR) 6:30 Birthday Celebration with Jay Franco (CY)	10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 2:00 MCCC Car Show (PL) 6:30 Inspirational Reading (3WTV)	International Day of Friendship 10:00 Physio Group Exercies (SR) 2:30 Friendship Day Social (GR)	9:45 Meet & Greet (CA) 10:15 Hymn Sing (CA) 2:00 All Unit Bingo (2WDR) 3:30 Sparkling Specs (RTR)	

Locations Legend

Gathering Room (GR)
Sun Room (SR)
Room to Room (RTR)
Common Area (CA)
3 West TV Room (3WTV)
Specialized/1:1 (1:1)
Courtyard (CY)
2W Dining Room (2WDR)

3W SunRoom (3WSR)
Physiotherapy Room (Gym) (Gym)
3 West Dining Room (3WDR)
TV Room (TV)
3W Dining Room (3WDR)
Dining Room (DR)
Off Unit (OU)
Parking Lot (PL)

Please note: All program locations, times, and dates may change and are weather permitting. We will try to provide as much notice as possible regarding any changes.